



# HEI-2010 components and scoring system

HEI-2010 <sup>1</sup> component	Maximum	Standard for maximum score	Standard for minimum score of zero
<b>▲ Adequacy (higher score indicates higher consumption)</b>			
Total Fruit <sup>2</sup>	5	≥ 0.8 cup equiv. / 1,000 kcal <sup>10</sup>	No fruit
Whole Fruit <sup>3</sup>	5	≥ 0.4 cup equiv. / 1,000 kcal	No whole fruit
Total Vegetables <sup>4</sup>	5	≥ 1.1 cup equiv. / 1,000 kcal	No vegetables
Greens and Beans <sup>4</sup>	5	≥ 0.2 cup equiv. / 1,000 kcal	No dark-green vegetables, beans, or peas
Whole Grains	10	≥ 1.5 ounce equiv. / 1,000 kcal	No whole grains
Dairy <sup>5</sup>	10	≥ 1.3 cup equiv. / 1,000 kcal	No dairy
Total Protein Foods <sup>6</sup>	5	≥ 2.5 ounce equiv. / 1,000 kcal	No protein foods
Seafood and Plant Proteins <sup>6,7</sup>	5	≥ 0.8 ounce equiv. / 1,000 kcal	No seafood or plant proteins
Fatty Acids <sup>8</sup>	10	(PUFAs + MUFAs) / SFAs ≥ 2.5	(PUFAs + MUFAs) / SFAs ≤ 1.2
<b>▼ Moderation (higher score indicates lower consumption)</b>			
Refined Grains	10	≤ 1.8 ounce equiv. / 1,000 kcal	≥ 4.3 ounce equiv. / 1,000 kcal
Sodium	10	≤ 1.1 gram / 1,000 kcal	≥ 2.0 grams / 1,000 kcal
Empty Calories <sup>9</sup>	20	≤ 19% of energy	≥ 50% of energy

<sup>1</sup>Intakes between the minimum and maximum standards are scored proportionately.

<sup>2</sup>Includes 100% fruit juice.

<sup>3</sup>Includes all forms except juice.

<sup>4</sup>Includes any beans and peas not counted as Total Protein Foods.

<sup>5</sup>Includes all milk products, such as fluid milk, yogurt, and cheese, and fortified soy beverages.

<sup>6</sup>Beans and peas are included here (and not with vegetables) when the Total Protein Foods standard is otherwise not met.

<sup>7</sup>Includes seafood, nuts, seeds, soy products (other than beverages) as well as beans and peas counted as Total Protein Foods.

<sup>8</sup>Ratio of poly- and monounsaturated fatty acids (PUFAs and MUFAs) to saturated fatty acids (SFAs).

<sup>9</sup>Calories from solid fats, alcohol, and added sugars; threshold for counting alcohol is > 13 grams/1,000 kcal.

<sup>10</sup>Equiv. = equivalent, kcal = kilocalories.